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June 1949
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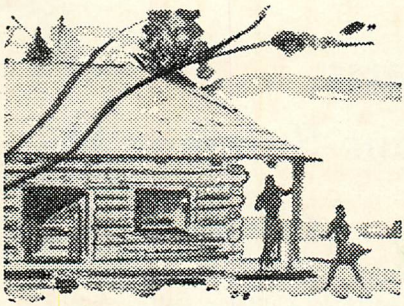

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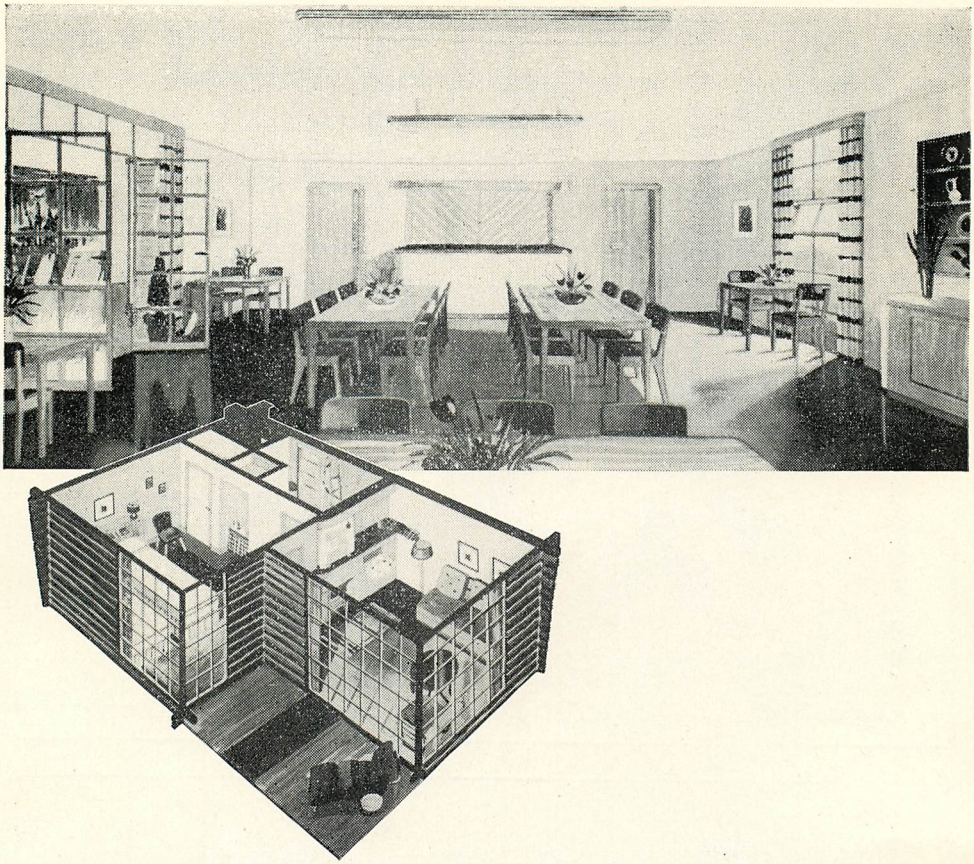

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CANADIAN CAMPING

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ONE ASPECT of Staff Supervision in Camp

ALAN KLEIN,

School of Social Work, University of Toronto

Not much has been written about supervision in camp, although there is copious material on staff supervision in allied fields. Dr. Hedley Dimock's chapter in "Administration of the Modern Camp" is one of the most comprehensive statements yet written, although he, himself, indicates the need to adopt the techniques of group work supervision to the camp situation. Too few of us have the oportunity to do that. Many camp people feel reluctant to use supervision in its fullest sense in camp. This is partly due to the fact that the word has unfortunate connotations in the mind of the average person.

Many feel that supervision implies a formal boss or foreman type relationship. Overseeing or spying, or worse, telling the staff member what and how to do his job and demanding rigid conformance. This is not what is meant.

Supervision of staff in camp is perhaps more important than in many other fields where it is more readily accepted—the average camp today employs untrained and often young and inexperienced staff. We have rendered lip-service to the importance of the counselor in helping camping to reach its most honoured objectives. The counselor is the key person in camp. It is he who aids the growth and development of the camper. To help those counselors do an effective job is perhaps the most important single function of administration.

Supervision implies that we, with greater experience and preparation, are responsible for helping the counselor with less experience and equipment to develop his abilities to do a more effective job, derive satisfaction from the job, and develop into a first-class staff person. The supervisor is responsible to see that a good job is done with the campers and also to see that his staff is trained to increasingly develop greater skills for the job.

Many camp directors have privately and publicly expressed the idea that there is little time in camp for supervision. A camp that runs at such a tempo or is so understaffed that there is no time for staff growth can have little time for camper growth.

The subject of supervision to be adequately treated here would take many pages. The only aspects mentioned, therefore, will be how and why of staff relations.

The camp supervisor, i.e., head counselor, personnel director, program director, or executive, has as his first big job the establishment of good relationships with his staff. He must by word

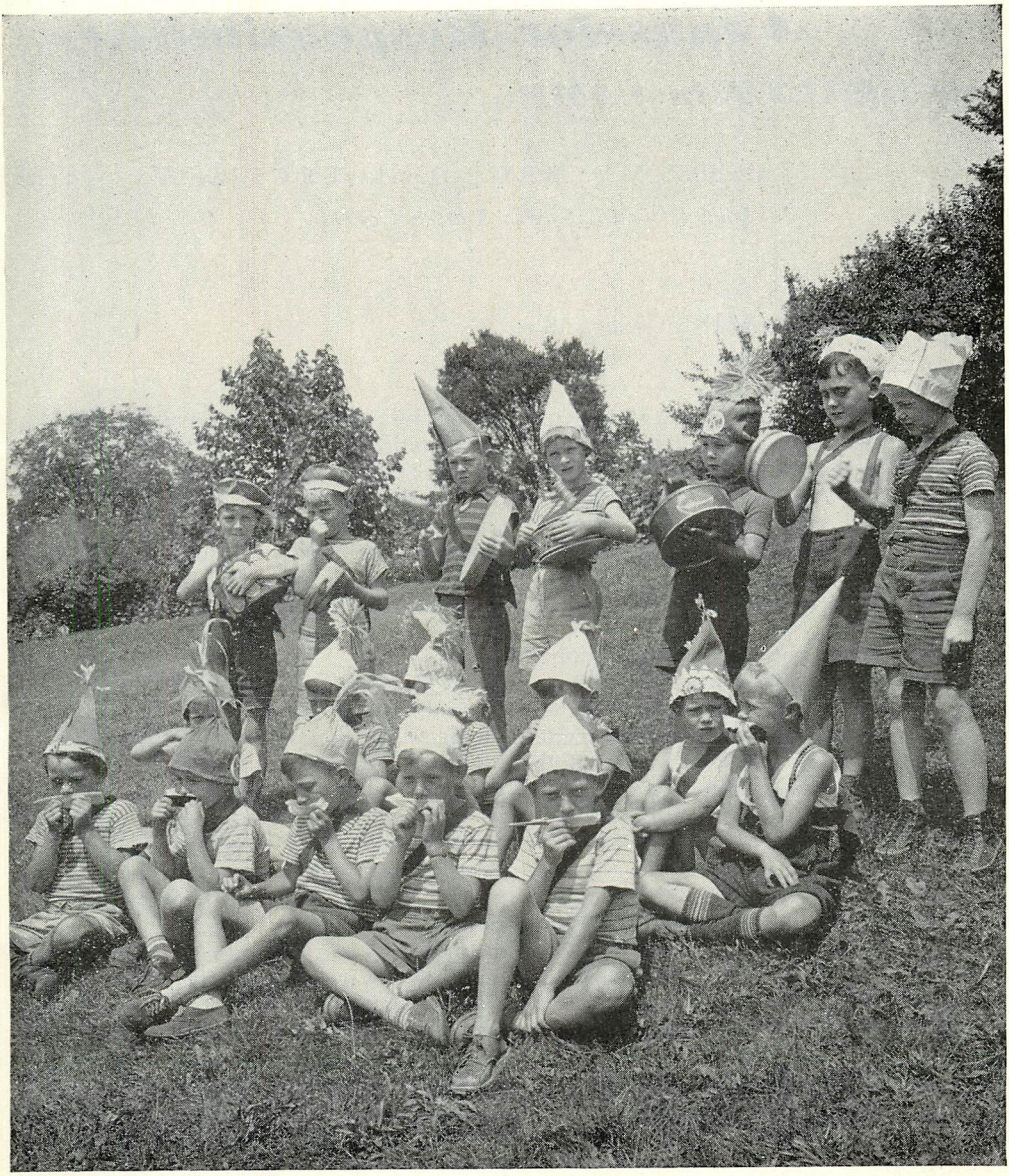
and act convince them that he is interested in helping the counselor to do a good job. He must get across the idea that he is not criticizing, not being judgmental, but is concerned with the campers and staff to bring about the objectives of the camp and also for everyone to have an enjoyable and worthwhile experience. This implies that the supervisor must feel that way. He must be able to accept and like people. to recognize and give credit to the points of view of other staff members and to make them feel needed and valuable. They are people who will discuss problems with staff members, permitting and enabling them to think for themselves. That is the key to good supervision.

More often than not, it is the attitudes of the counselor that are of concern. Perhaps he is too authoritative or perhaps we think he is lazy. Both are attitudes and must be worked out. People do not learn to change by being told to or even by having the reasonableness and logic of another attitude explained to them. Learning can, however, come through experience and sympathetic discussion of the way we do things.

Supervision of staff in camp involves certain things that are not technical and do not require the skill of a trained expert. The first is the establishment of a good relationship. This implies that the counselor is made to feel that he can discuss problems, present suggestions and count on getting help. Regular opportunities for private discussions with the supervisor are essential. To say that the supervisor will be available if needed is not sufficient, for often the person who needs it most is the last one to come. If staff are encouraged to come regularly, there is no feeling that one comes only if there are problems, or for a "talking to".

The supervisor helps to keep the conference going by asking a few questions, making a suggestion here and there and getting the counselor to either advance a solution, get it off his chest, or perhaps get assurance that he is doing a good job. Often that which is unsaid reveals the counselor's feelings and a wise supervisor. by asking a question or two, can bring to light what is beneath the surface. He should be a good listener and give only such information as is necessary to stimulate thinking. He encourages, praises, and builds up his staff. He looks behind the deed to determine the reason for laziness, failure, inability to get his group to like him, etc., and seeks to get these things discussed. He guides the discussion through, knowing as much as he can about his counselor and by having an objective. He seeks to enable his staff person to do his job. He knows that staff have fears, and anxieties about the job, and that there must be a chance to release these tensions—and above all, he knows that a relaxed camp comes from relaxed staff.

I have not said much about techniques, skills in observation, etc. The basic skill to be learned is that of developing our own attitudes. It is easy to talk and tell the counselor what to do. It makes us feel good to show that we know the answers and can glibly rattle off solutions. It is easy to be so important, so knowledgable, and so ready that we stifle all initiative on the part of the staff. It is easy to be authoritative and be the administrator who hands out policy. Attitudes cannot be changed that way and counselors will not reveal to such supervisors the problems about which they need the most help. We must school ourselves to be interested and sympathetic, warm and helpful. It is the humility of the teacher and his desire to work *with* rather than *over* or *on*, that establishes a supervisory relationship resulting in learning, growth, and above all—good camping.



Bolton Camp

Counselor Responsibilities for HEALTH in CAMP

J. H. EBBS, M.D., M.R.C.P. (Lond.), F.R.C.P.(C)
Medical Director, Taylor Statten Camps

Reprinted in part from
"CAMPING MAGAZINE" June, 40.

Few will disagree with the statement that parents send their children to camp to have a good time in a healthy and safe environment. Thus, health is one of camping's main objectives. If good health is not improved or at least maintained, then the camp experience has, in most instances, been a failure.

The trend in medical practice among children is towards a preventive outlook. This trend is becoming more widespread in the medical arrangement of organized camps everywhere, and is in contrast with the old idea of treating things after they have occurred.

The responsibility for putting the health of the camp on a preventive basis rests with two divisions of the camp personnel: (a) the Medical Staff —Doctor and Nurse; (b) the Camp Staff—Director and Counselors.

RESPONSIBILITY OF THE MEDICAL STAFF

(1) A report of a medical examination by the camper's own physician, together with all the facts which might be important in the event of any condition arising while the child is at camp, should be sent to the camp physician just before the opening date. An examination and report more than a week before camp opens, loses a great deal of its preventive value. A physician who has been supervising the health of the child previously, can give valuable advice regarding special and important points for insuring optimum health for the individual camper.

(2) A superficial medical examination can usually be made by the camp physician at the point of embarkation for camp, on the train to camp, or at the point where campers meet to enroll in the camp. If this is done before campers have mixed and come in too close contact with each other, it has a preventive value in eliminating early cases of infectious conditions. For example — an examination of the mouth, throat, tongue, inside of the cheeks, and the skin of the neck and arms, will take only a few moments to carry out, but it will serve to detect infectious conditions which could be spread during the close contact necessary in travel and at the opening of camp.

(3) A regular complete physical examination of each camper by the doctor should be carried out during the first day.

(4) Information regarding special care, special needs, requests from family physician and parents, diets, serum injections, rest, etc., should be compiled as early as possible by the doctor, and given to each member of the staff who will have responsibility for the camper—(Counselor, swimming director, dietitian, riding instructor, etc.). Much of this information can be sent out or at least prepared before the opening of camp. It is embarassing to find that in the rush of opening days in camp, some important medical or dietary instructions have been overlooked for a week or more.

(5) Records of weight kept by the medical staff should be made at frequent intervals to check and guide camp activity for the individual camper.

(6) Sanitary inspections should be under the direction of the medical staff.

RESPONSIBILITY OF CAMP STAFF

The activities of each camper throughout the 24 hour period are under the guidance and supervision of the staff. Here the counselor serves as the most important single force in determining whether or not preventive measures are practiced in the daily routine of the camper. A few brief notes are listed upon some of the points which deserve consideration by a first-rate counselor.

(1) *Daily Inspection* — A thorough daily inspection by the counselor of each camper will locate early signs of health defects and enable preventive measures to be undertaken.

(2) *Morning Dip*—This should not be compulsory. It should not be allowed for certain children who show a tendency to over-tiredness and children who are underweight. In any case, it should be a dip, and not a swim.

(3) *Teeth*—Improper care of the teeth during a camp season can result in definite damage and may break a routine which has been established at home.

(4) *Airing of Beds*—This is more important in tents and summer cabins than in a city home. The cleanliness and changing of bed linen is a preventive factor in such diseases as impetigo. A bed-wetter will not be able to hide this trouble if airing of beds is enforced.

(5) *Clothing*—In early morning, clothing should be heavier than at any other hour of the day, particularly after a morning dip. Sweaters and coats can be discarded after breakfast if the weather is warm.

(6) *Sun-Tan*—This should be acquired gradually. The skin should be covered before you think that a burn can start. The time of exposure can be increased each day.

(7) *Fatigue*—This is one of the most important things to avoid. Excessive tiredness over a period of time can do a great deal to decrease the benefits of camping. When present, it increases the risk of infections. Prevention of fatigue is most importast during the first and the last week of camp. It requires some study on the part of the staff to pick out those children with low tolerance to certain activity. The exercise tolerance for each individual is variant.

(8) *Rest Periods*—The rest hour after lunch and the early morning period before the rising bell are important times for supervision. Bedtime should not be a "bedlam". The last half hour of the evening program should tone off to provide a suitable frame of mind for sleep. An evening program which ends with a "bang" or is late in ending is a failure from a preventive medical view.

(9) *Swimming*—Long swims of distance or time should be discouraged, as they serve no useful purpose and might produce physical harm. Diving is not desirable for campers with a tendency to frequent colds and sinus trouble.

(10) *Hot Bath*—At least once a week is an essential for all young children. It is a good preventive for all ages against skin infection.

(11) *Towels*—A clean towel for each camper is necessary; towels should not be shared.

(12) *Mealtime*—A child at camp needs a balanced diet more than at home, as he is more active. Behaviour at mealtime is important in determining his mental and physical health. Loss of appetite should be regarded as an early sign of some upset (mental or physical). Loss of appetite often marks the onset of an illness. Dining room "atmosphere" will, in some individuals, affect appetite and digestion.

(13) *Canoe Trips* — Inspection for minor cuts, scrapes, slivers, etc., is more important while away from medical help. Instructions in first-aid treatment suitable for possible emergencies in the individual camp, should be studied and taught by the camp physician before trips are sent out.

(14) *First Aid Kits and Remedies*—These can be packed away. The counselor can point out that the camp provides the necessary equipment. In this way the medical staff will be consulted early for all minor cuts, etc.

(15) *Laxatives*—The bringing of laxatives by campers from home should be discouraged. The diet should be regulated to take care of proper elimination.

(16) *Riding* — Injuries while riding horseback, such as cuts, wounds and scrapes, are most important and should be reported to the medical staff at once.

STAFF MEETINGS

Health conferences at intervals during the camp season can do much to foster close co-operation between staff and medical personnel. General camp health program as well as the health of individual campers can be discussed.

The idea of prevention in the camp health program can be profitably brought up at crucial periods during the camp season. For example, the first and last weeks are the periods when fatigue is most evident.

While health must be a major consideration in the program at all times, it must become a basic reality of the everyday life of the camp rather than existing as a self-conscious, specialized aspect of camp activity. Health should be practiced rather than preached; and its ultimate aim should be not how much children know about it, but the place they give it in their daily lives.

Reprints of this article may be secured from the office of the Ontario Camping Association, 236 Bloor St. W., Toronto. Price 10 cents.

Travelling Light

STUART L. THOMPSON

Camp Temagami

Now that the canoe trip season is upon us again, there are probably thousands of campers all over the continent making plans for the trip that will go down in their memories as the high point of the summer of 1949. Undoubtedly the preparing of a list of things to take in the way of equipment—grub and incidentals—will come in for much consideration. Rightly so, for a little thought given to preparation goes most of the way in insuring a successful trip.

I have often wondered if the value of each item on this list of things to take on the trip is duly weighed. Do you really *need* all that is on that list? Look over it carefully and see if there are not things that you can do without, and some that can be made to do the work of two or even three different things on the list. It is true you are going on a holiday and I am a firm believer in comfort. But remember that camping, whether stationary or moving on the trail with a pack-horse, or on the portage with a canoe, is a life lived under simple conditions, simpler by far than we civilized folks of the twentieth century are accustomed to living, and every article taken must find its place in the outfit.

I never realized until I had embarked on my first canoe trip what a burden the host of things on a long list could become. My companion had been on one previous trip and naturally I relied on his judgment and list. I wonder now where we put it all in that twelve-foot birchbark canoe. I shall always look back with fond memories to that trip—but oh, the things we did not need to take, and how much they added to our cares and work.

Three years later I fell in with another pal, whom I shall call "Dave", who proposed a canoe trip for the following summer. Like myself, he had only been on one other trip, but I soon realized that I was in the hands of a resource-

ful, self-reliant camper who had been trained in a different school. As we compared our lists of equipment in advance, I was surprised and gratified to see the nonchalant way in which Dave eliminated one thing after another. Listen to him: "We don't need an axe, we have a camp hatchet. We don't want bread, it is bulky and goes stale—hardtack takes its place. We'll not take guns—they are heavy, risky, need constant care and cleaning, and mean hauling ammunition. And why table knives with a hunting knife on your belt." And so he went on deleting the list. Good old Dave! I learned on that trip how one could camp like a real woodsman.

It was not an easy trip, but we were young and tough and enthusiastic. To this day I read over my diary and live all its joys over again. Yes, and I even laugh at the little troubles and hardships we suffered—and what canoe trip has not troubles? We were gone two weeks through virgin forest of Northern Ontario, travelling lakes and rivers and portages. For days we saw no one and only rarely did we meet another party.

We went with only one of each item of clothing — sweater, shirt, trousers, sox and moccasins, and without hats. We took no tent—at night we slept out under the stars and if it rained, we slept in large waterproof bags which were also used to take care of the grub. Thus those bags served for tent, sleeping-bags and dunnage-bags. We took no bread—hardtack instead. We caught fish in abundance, which we broiled over a charcoal fire on toasters, thus eliminating a frying pan. We carried neither bacon not flapjack flour, and did not miss them. We had no lantern, because at night we sat about the campfire (there were no such things as flashlights in those days). Dave knew the country; and neither compass nor map was needed for the whole hundred miles or so.

For grub we ate porridge cooked in tin pails, dried fruit, hardtack, mushrooms which we gathered and stewed in condensed milk, an abundance of fresh fish (bass and salmon and trout) broiled in steaks on the toaster, frogs' legs occasionally, and huckleberries and raspberries, fresh picked almost any place we looked.

Oh, it was a rough, hard trip! Decidedly back to nature, but we enjoyed it. Under Dave's resourceful leadership, I learned how to camp with what we had, and what was more important, *what to leave at home.*

When, on rare occasion, we met the members of another party, they marvelled at the compactness of our outfit —two small packs and a nest of pails, that was all! "Gee! you're travelling light", they would remark. Away down in one of those packs Dave would have two or three books—a botany, a bird book, a star map. We were cmpletely out of touch with the world, but Dave believed in being in touch with the world of nature.

Well, that was all over thirty years ago. Dave and I had many later trips, and I have had more trips since under different circumstances and with various companions. Things have altered so that I now take a few of the things Dave eliminated. But the basic principle remains as I learned it: *there are a lot of things you really don't need and which prove cumbersome and a worry throughout the trip.*

I once listened to a "camper" lecture in a camp on equipment. He had a dunnage-bag full of ideas, which he pulled out triumphantly as he talked. I recall only a few of them:

1. A canvas wash basin to be set up in a tripod for washing hands and face. Why? Is there not a whole lake at hand?

2. A fly for the tent roof. Why? Only another thing to string up and blow down.

3. A padded collar for the shoulders when portaging a canoe. Why? Your sweater and the other fellow's rolled up one on each shoulder are far thicker and softer, and can be used as sweaters as well.

4. A cushion for a pillow at night and to kneel on while paddling in day. Why? A sweater will do for both.

5. Poles for the tent. Why? Are there not trees in abundance everywhere?

6. A cushion mattress to be blown up at night. Why? Is there not lots of balsam, spruce, and other things for bedding?

And so on endlessly — pots, pails, dishes, ovens, pans, knives, forks, axes, etc., and in many cases spares of this and that in case something got lost! And pitch to mend the canoe, needle and thread and buttons to mend clothes, etc., etc. We mended any tears and rips in clothes with fishing-line and when we puctured a hole through the bottom of Dave's canoe we effectually fixed it with balsam, gum off the trees ten feet away, stuck in place by a piece of cloth cut from a grub-bag.

So I think at this season it is well to look over those camp lists carefully with the thought, "what can I do without, consistent with comfort?" It has been said that a poor workman always blames his tools. In the same way a good, capable, resourceful woodsman makes the fewest tools do the most for him. Was it not that veteran woodsman, Teddy Roosevelt, who said: "With what you have, where you are"?

Camp Oolahwan

Photography in CAMP

Colin S. Farmer

Since camp days are among the happiest days in a boy's or a girl's life, it is natural for every camper to want to re-live camp experiences again and again during the following school year and for years to come. Nothing can bring these happy days back to mind quite as well as can a collection of good pictures.

It is an excellent idea to have some member of the camp staff who follows photography as a hobby and who has a good camera with the necessary tripod and flashlight equipment to record the big events in camp life for the convenience of all the campers. He can sell these pictures at a reasonable price to nearly every person in the camp because they represent the activities in which the whole camp works together. Besides, the cameras owned by the campers cannot usually make these pictures very successfully. These activities include plays, stunt nights, council ring, circuses, regattas and possibly group meetings when some special guest visits a camp fire. Group pictures of the staff or a section of the camp can hardly be done with the small cameras used by the majority of the campers and staff.

For the camper or counselor who is bringing his own camera with him to camp, I would like to suggest that he should have some competent person check it over before he leaves home. A hole no larger than a pin point in the bellows is not easy for the amateur to detect, but it can ruin every picture by letting light into the camera. If one roll of film comes back with streaks or areas of light where they should not be, the camera should be examined when there is no film in it, by opening up the back and looking at the inside of the bellows, holding the camera up towards the light, so that any tiny hole could be seen. Temporary repairs may be made in camp by fastening a piece of adhesive over the hole before another film is used.

The lens and the shutter must also be in the best of shape. A dirty lens will never produce clear pictures any more than a dirty pair of glasses or a dirty automobile windshield will permit a person to see clearly what lies in front. A camera lens should be cleaned with the same care as a pair of glasses. But some cameras have four surfaces on the lenses and the inner ones may be reached only by screwing the lenses out of their mounts. Clean them with a very soft, lintless cloth and be certain that they are put back exactly where they were at first. The shutter must be sure to work whenever the shutter release is pressed. Since the better shutters are about as complicated as a watch, it would be unwise for the amateur to try to effect repairs when they do not work. Let some regular repair man put the shutter in good working order if anything goes wrong.

In choosing a new camera for the beginner to use in camp it would be wise to select a fairly simple and inexpensive type. The reason for this is that there are so few adjustments to be watched on a simple camera like the box cameras that the inexperienced photographer is not likely to become confused and make mistakes. A good box camera about six-sixteen size is a splendid type for the young or inexperienced camper. If the camper is more experienced as a photographer, he will possibly want a camera which will do pictures which the simpler cameras are not intended to do. Since these campers already know what they want in a camera and are acquainted with the various makes and prices I need not offer them any advice in this brief article. A larger lens permits the taking of pictures in weaker light, but it calls for much more careful judging of distance if the pictures are to be in clear focus.

Almost all of the pictures which the campers will take during the summer will be taken out of doors during bright weather. They must remember that all pictures are made by the aid of light and that even the fastest modern film cannot make a picture unless it receives sufficient light. A counselor who usually gets good snapshots with his own camera can give the beginner the help he may need in this matter of lighting. A good plan in taking the tent or cabin group, for example, is to avoid trying to take the group inside the building, but rather to group them informally somewhere outside and include the tent or cabin in the background if possible.

Every camper will be anxious to have a number of pictures of his special camp friends. Most people take better pictures if their minds are occupied with some activity. Let the young photographer, therefore, select the most appropriate activity and background for each of his pictures and then fit his subject into it and take the picture. The background is very important for every picture. Often the background should be scarcely noticed. A camper with a horse, for example, takes a good picture in the stable doorway with a background so dark that it may show

Camp Pine Crest

nothing inside the building. A group in a sailboat preparing for a sail may be taken looking down from the diving tower where the only background is water. A diver taken from a low angle may show him in mid-air with only a clear sky for background. A canoe trip group preparing a meal may show only rocks and trees in the distance.

It would be a good idea for some counselor to collect a scrap book of interesting camp pictures including pictures clipped from magazines, newspapers, or from camp booklets, to give campers some idea of what makes a good picture. One friend of mine who has made a great many good pictures likes to sketch his idea of a picture with pencil on paper before he goes out to take it with his camera. A snapshot becomes a real picture when the subject matter in it is nicely balanced and attractively lighted.

Among the most prized pictures which the writer has in his collection from his summers in camp are: individual younger campers doing some painstaking work in the workshop, the activity around the diving tower at swim period with a good white cloud background, the ornamental swimming class at work, junior campers making "Pine Cone gardens" on the sandy beach, the "Chief" in costume before the totem pole, the Sunday parade in white down the hill from the outdoor chapel, the numerous pictures out across the lake towards the sunset, vistas through the trees over the lake including a sailboat or two, the cooking of outdoor meals, small groups in special activities like circus sideshows, archery, horseback riding. Almost every special activity in the camp programme will suggest a few good picture making opportunities. All the young photographer needs to do is to recognize these opportunities and take advantage of them.

Camp Oolahwan

Quebec Camps

AGNES KNOX MUTCHLER,
Director, Junior League Camp, Montreal

The mountain and small lakes of Quebec have been calling to camp minded people for many years. Many camps were started in that era when fresh air was supposed to be so beneficial as to overcome the ills of primitive privies, milk without benefit of Pasteur and a modicum of science generally. A few of these still survive but for the most part electricity, high sanitation standards and sound program mark Quebec camps today. The complete loveliness of the Quebec terrain has not changed and good roads are constantly opening up new camping areas.

The tales told by those pioneers of the early camping period are simply amazing. One gets a picture of bloomer girls and gentlemen in starched collars lugging great timbers through the wild woods, harrassed by bears and wolves, mosquitoes and black flies and personally hammering together the shelters and equipment. Swollen and bitten, the non-profit camp people wrestled with pianos and other furniture weighing tons, too outmoded for the city dwelling. In spite of the hardships these early camp enthusiasts were convinced of the necessity for a camping experience in a world which was becoming mechanised until the human element was pressed beyond endurance. Some day these stories will be written and may they appear, at least in part, in *Canadian Camping*.

Today in Quebec we have forty-five permanent camps registered with the Quebec Camping Section. Twenty-nine of these are non profit camps. They are of two types, those which find their money in public contributions and those whose fees cover operating expenses. A few very short term camps survive, but for the most part two weeks is the shortest camping experience offered. Camp Lewis, under the direction of Mr. Wylie, offers good camping to five hundred boys for two weeks or longer each year. The Junior League Camp gives fun to one hundred girls for three weeks, three times each summer. Chapleau, which is Quebec's Bolton, looks after Mothers and children. The divisions and activities of this Camp would seem to require the skill and experience of a circus manager when it comes to organization. The Mother who returned post haste to Montreal when she discovered that hot and cold water was not laid on, was probably a rate type, but Miss Nan Vail, the Director, has many tales of Camp Chapleau which will make fine reading some day.

The date and origin of many of the early camps is even now clouded in antiquity. Certainly a boys' camp sponsored by the Y.M.C.A. of Montreal in 1893 and called Otoreke was among the earliest. Kanawana, at present directed by Roy Locke, Vice-President of the Quebec Section, had a mysterious birth

about this time under the same sponsorship. The Y.W.C.A. Camp Oolahwan, under the vigorous leadership of Mary Edgar, was hewn from the woods in 1919. Oolahwan has its own lake and six hundred acres. It is directed by our President, Diana Cumner, has marvelous woodland facilities and a flexible programme in keeping with the most advanced theory of camping. It obviously was not all beer and skittles for any of the camps in the early days. The Junior League Camp was started more than twenty-five years ago through the pluck and determination of Miss L'ghthall of Montreal, on family property near St. Marguerites. I am sure there are many stories of early camps that I have not been able to collect, but maybe the fact that they are not mentioned in this article will lead some of the pioneers to put their experiences on paper.

The Quebec Camping Association had its origin in the thirties. It is an original member of the Canadian Camping Association. This Section tries to keep in close touch with all camps in the Province. This is extremely difficult, because the registered camps for the most part are in the two areas, the Laurentians and the Eastern Townships. Certainly the magnificent St. Lawrence River, broadening out to the sea, should offer superb camping facilities, but as yet little is known to the Quebec Section of camping facilities in that area.

Every effort is being made to bring the Quebec Camps up to the best standards in health, sanitation and programme. The Section recognises the need for knowledgable staff and counselors, and sponsors many training courses for those who would be Leaders in this field. It has backed the appointment of year-round Directors for non-profit camps, recognising the need for continuity of program in camps and winter training. Another element has entered here, and that is the need for winterising camps so that many more people may enjoy that invigorating winter sport of skiing. In a Province almost as famous as the Alps for luxury skiing, it seems ridiculous that any camps are closed to ordinary people who would love to zip over the wooded hills and mountain slopes during the long winter months.

The swimming section of the Red Cross has worked closely with the camping group. Last year hundreds of young people passed the Red Cross tests and all winter practical courses in health and water safety have proven a boon to those who would be leaders on Waterfront.

The Executive of the Quebec Section is drawn from all types of Camps, both private and non-profit and a great deal of time is absorbed by this voluntary effort. In spite of all the work done, it is obvious that only the surface has been scratched. Mr. Al Dodds of the Central Y.M.C.A. is the Secretary and would like nothing better than to be snowed under by mail from Camps. Only by exchanging ideas and suggestions with all the Camps in the Province can we really fulfill the function of the Provincial Section.

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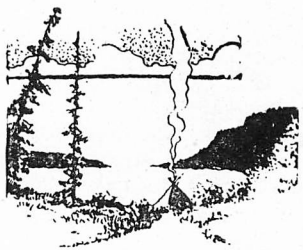

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The Editor Comments

For the most part, the children who come to our camps are boys and girls from the crowded cities. The world they know best is one of pavements, brick walls, street cars and super markets. It is a far cry from the Canada our pioneer grandparents helped to clear and settle, and the land with which country children are still more or less familiar.

This fact was brought vividly to my attention one summer when a twelve-year-old camper hesitated to strike a match at a campcraft fire-building demonstration. She said: "I have never lit a fire before in all my life. We use only electricity in our apartment." My thoughts flew back to a childhood crammed with such thrilling adventures as a "sugaring-off" party around a huge bonfire, when the maple forest was lit up with the flames. I thought, too, of the contrast between apartment life and our long summer holidays of unorganized fun—shore picnics, berry picking, fishing trips, when the whole countryside was a friendly place to explore "on one's own". There came a sudden realization of how far city children are from those "horse and buggy days", and how they have definitely been deprived of a rich heritage of simple pleasures in the vast wonderland of the out-of-doors.

Camping is the Magic Key which can open that lost land of enchantment to the city boys and girls of today. Beyond the smoky horizons of sky-scrapers and factory chimneys there are countless wooded lakes, winding streams, rolling hills, towering mountains and untracked forests. *That* is Canada! *That* is their heritage! When they sing: "O Canada, we stand on guard for thee", they should have a knowledge of and a love for that larger land, with a few tender memories deep in their hearts of "good old camping-out days", filled with happy adventures, comradeship and a sense of reverence for the wonder of the world in which they live.

Camping is probably the only experience we can offer them which will acquaint them with some of the adventures the pioneers had when our land was new. They can blaze a trail through the woods; they can portage their canoes; they can cook over an open fire; they can build a balsam bed and sleep out all night under the stars. They will then realize that these are still the experiences of our explorers and prospectors and settlers who continue to push back the frontiers in the vast hinterland of our great Dominion.

If you can learn to love your lakes and forests
Can feel within you: "This belongs to me!";
Your heart, expanding, will embrace your country
And proudly then you'll pledge your loyalty.

We must keep before us the high objective—more and better camps for an increasing multitude of children, and as camp leaders, we are justified in believing there will be amazing dividends in the producing of better Canadians.

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A Letter from

Nutrition Department,
Canadian Red Cross Society,
Ontario Division,

Hello Camp Directors:

We enjoyed meeting many of you in February when you visited our exhibit at the Ontario Camping Association Pow Wow. But we're sure we didn't meet all of you—so we decided to write to you. We hope that this letter will draw to your attention the importance of planning good meals for your campers.

There are four important points about CAMP MEALS that should be incorporated into your plans for this summer's camp. Remember that:

1. A camp is as good as the food it serves.
2. Camp meals require as much careful planning as do meals at home.
3. Camp meals are an important part of the camp program. They, too, assist in the mental and physical growth and development of the camper.
4. Camp meals offer a splendid opportunity for developing good food habits. The group spirit of camp life encourages boys and girls to drink milk, eat vegetables, fruits and whole grain products — food habits which may very probably have been neglected at home.

Camp Directors, did you know that Red Cross nutritionists are available to help you and your campers? Upon request, a Red Cross nutritionist:

Will—plan menus for your camp.
Will—give suggestions for necessary kitchen equipment.
Will—visit your camp if you have no dietitian.
Will—talk to your campers about good foods for good health.
Will—show nutrition films to your campers.

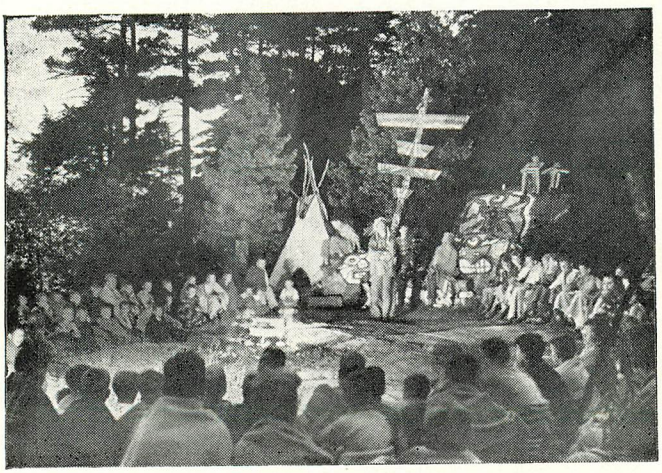
As Camp directors, you may be interested in having a nutritionist visit your camp this summer to help in any or all of these five ways. Just write us at your earliest convenience—with details about your camp, and perhaps tentative dates for a visit.

Remember that at camps, all of us strive for the same goal—a healthier and happier camper!

May we hear from you?

Sincerely,

RED CROSS NUTRITIONISTS.



Camp Pine Crest

NOTES

from the Provinces

BRITISH COLUMBIA

The Camping Association chose "Counselor Training" as a major project this year, in order to offer special service to the camps of British Columbia, and cooperating with the Vancouver School Board, promoted a course from March 28th to May 18th, every Monday evening.

One thousand counselor-application forms were circulated through the Women's Voluntary Bureau to church groups, departmental stores and high schools, in an effort to create a pool of counselors for the use of camps.

In cooperation with the Red Cross Society, the B.C.C.A. is also undertaking to run a four weeks' course on "Swimming and Water Safety", from April 25th to May 30th. An effort has been made this year to raise the standard of counselors and it is anticipated that the methods employed will help all concerned to realize a successful camping experience this summer.

ALBERTA

The Patrol-Leaders' Training Camp of the Girl Guides' Association will be held on the Provincial Campsite at Mulhurst, Pidgeon Lake, from July 14th - 21st. Approximate individual fee for the week will be ten dollars.

The Guiders' Training Camp will be from July 21st - 28th, on the same site. The Saskatchewan leaders are joining this group.

SASKATCHEWAN

The Third Annual Camp Conference of the Saskatchewan Camping Association was held this year at the Regina Boat Club, May 13th and 14th.

An interesting plan was worked out to have two all-day conferences on a Saturday and Sunday, and dove-tailing to accommodate everyone. Saturday was the "common day" to both conferences. Another unusual and attractive feature was the offer to supply free billets for all out-of-town delegates, and to extend the invitation to "anyone interested in — or doing — a camp job!"

Mrs. Pauline Hill, President of the Saskatchewan Camping Association; graduate of the Margaret Eaton School of Physical Education, Toronto; former counselor at Glen Bernard Camp, and physical director of the Regina Y.W.C.A. Since her marriage, Mrs. Hill has devoted a great deal of her time to the work of the Saskatchewan Camping Association.

MANITOBA

The Manitoba Section held its first meeting of 1949 on March 23rd, in the Y.W.C.A. The nominating committee submitted its recommendations and a new slate of officers was elected. The president is Mr. J. C. Harwood, Manitoba Director of the Boy Scout Association.

The status of the Manitoba Section as an independent organization in the province was discussed. It was decided to appoint a committee to investigate the constitution, and to suggest revisions.

The new constitution was passed on April 6th. At this time too, the Canadian Red Cross Water Safety film, taken at the Taylor Statten Camps, Algonquin Park, was shown, and proved most interesting and informative.

The Manitoba Section of the C.C.A. is planning a Camping Institute, under the direction of Professor Alan Klein, to take place during the month of May. We are anticipating a profitable time under Mr. Klein's practical and able guidance.

QUEBEC

The Quebec Section arranged a training course for counselors for four evenings in March. More than one hundred counselors registered, representing all types of camps. Judging from the sustained attendance, it was evident that the kind of intellectual camp fare offered was just what was needed and appreciated.

An interesting meeting was arranged by Miss Ross of the Social Agencies for the non-profit camps. Ten camps were invited. While one agrees with Professor Klein of Toronto University, that camping theory is the same for all types of camps, there are certain problems in the Welfare Camps connected with administration, contacts and personnel, which are exclusive to this level. The discussion of costs was illuminating. The problems of how closely it is possible for this kind of camp to work with the Social Agencies, was extremely helpful. A meeting of this group will be called again next fall to map out certain subjects for study, to collect data which should have research value and generally to pool information and review problems.

The Spring Conference for Counselors was held on May 13th and 14th.

PRINCE EDWARD ISLAND

"The Island" has had a Leadership Training Camp for the past two years. These camps were sponsored by the Camping Association. Counsellors and counsellors-in-training represented the Y.M.C.A., Knights of Columbus, Girl Guides, Boy Scouts and several church camps. The Canadian Red Cross participated in this project and conducted a Swimming and Water Safety Instructors' School in conjunction with the Leadership Training Course.

FORUM ON "LEISURE"

A National Recreation Forum is to be held on or about October 20th, in Montreal. This Forum is to be sponsored by eight National organizations and will be a substitute for the Canadian Recreation Congress. The topic of the Forum will be: "Leisure—a National Issue". This subject will stress the need in Canada for recreational resources, including camping.

It is expected that the Canadian Camping Association will hold its Annual Meeting either immediately prior to this Forum, or immediately afterward.

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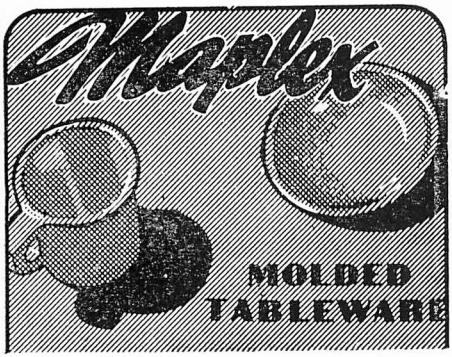

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Very sincerely,

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BOOK REVIEWS

THE SPORT OF ORIENTEERING, by S. Hedenstrom and B. Kjellstrom; published by Silva Limited, Toronto; p.p. 120.

This is an English translation of a Swedish text describing a sport which has been extensively developed in Sweden over the period of the last thirty years. The sport is really hiking dressed up to make it a bit more than that. The dressing up should re-establish this fine activity and recreation in a country which has latterly become enamoured of riding something.

Orienteering requires the use of a compass and a detailed map. A special compass housing and gadget for steering by, have been developed. This kind of compass is now available in Canada from the Silva Company, Toronto. The sport can be purely recreational as a method of finding your way around, walking, cycling, riding, paddling or skiing. How to make any of these competitive is described in the text, which is well supplied with illustratons.

The author, Born Kjellstrom, was in Canada last summer and introduced the sport at several places. A fine coloured movie is available from the National Film Society, Ottawa.

A CAMP AQUATIC PROGRAM (Third Edition), by Richard H. Bearse and Sidney C. Hazelton; price $2.25 plus 10c for mailing and handling. Copies obtainable from Prof. S. C. Hazelton, 7 Dana Road, Hanover, N.H.

This is a handbook for the waterfront director. The camp director would be well advised to read it, too, not ony for its specific help in planning the waterfront layout, but because of its clear statements in regard to policy, safety, etc.

It contains a job analysis for the waterfront men, lesson plans for teaching swimming, boating and canoeing, a suggested waterfront policy, timetables, record sheets and charts. It also has a survey of the requirements before, during and after camp. It deals with all aspects of swimming and boating, functional, recreational, competitive and ornamental. It also has detailed plans with diagrams for buildings and wharfs. These are in sufficient variety to meet all needs. It is sound and business-like in its approach.

THE HANDBOOK OF DAY-CAMPING, by Mabel Jobe; Association Press, obtainable in Canada from the G. R. Welch Co., Limited, 1149 King Street West, Toronto; published April 1, 1949; pp. 276; price $3.50.

Throughout the country, many social agencies and churches are increasingly providing hundreds of thousands of children with camping experiences at home — in the playgrounds — public parks, etc. Here is a detailed blueprint on how to use day-camping to enrich children's lives, to build a happy, cooperative way of living, and to meet the social, emotional and play needs of children without complicated organization or elaborate equipment.

Nothing is omitted—from how to get started to appraising on-going programs. The author shows how to select a site, provide for health and safety, select workers, train a staff, counsel children, etc. Complete programs and daily schedules are outlined; detailed menus and instructions for cooking-out are given; nature studies are emphasized; inventories of equipment and supplies are suggested for new and established camps. All of the material is basic program material for those who help children to play and learn.

The author started day-camping in the District of Columbia. Many years ago Mrs. Jobe borrowed some tools, got a fire permit and started some fun with a few neighbourhood children on an empty lot. Mrs. Jobe has literally spent her lifetime camping, teaching children, and teaching camping: she has helped train thousands of teachers and leaders.

THE BOOK OF CAMPING, by Robert Rubin; Association Press, obtainable in Canada from the G. R. Welch Company, Limited, 1149 King Street West, Toronto; published March 1, 1949; pp. 160; price, cloth, $2.25.

In a simple, readable way, this book covers every aspect of camp housekeeping, programs, administration and leadership. As camping has developed to its present established position in Canadian education, recreation, and child-development programs, a varied literature has developed on its many phases. This is one of the first attempts to provide beginners, leaders-in-training and experienced camp directors with a concise, handy, Baedeker to camping.

Just about everything essential is here: what camping is; job analysis for the counselor and his pre-camp and in-service training; camp curricula in nature, crafts, music, typical camp schedules; rainy-day programs; the camp budget; kitchen and food controls; menus for two weeks; song lists; cabin mail charts; and forms and blanks for all operations.

COUNCIL FIRES, by Ellsworth Jaeger; the Macmillan Co. of Canada, Ltd., Toronto; pp. 253; price, $3.50 in Canada.

"Council Fires" is a notable addition to Ellsworth Jaeger's already extensive library of books on camping and the out-of-doors. It is a compact and useful presentation of camp-fire practices, ceremonies, games, songs and dances mainly on the Indian Council theme. Mr. Jaeger adds many of his own special contributions particularly in the field of nature lore and Indian tales, and in his suggested methods of making the many articles than can be used in this type of Council Ring program such as: masks, Indian costumes, drums, rattles, totems and emblems. Here is the basis for a worth-while and intrinsic craft program at camp. The volume is rich in Indian designs.

The picturesque and graphic illustrations bring this volume to life even for the casual reader. By representing successive stages of a theme, they tell a continuous and complete story — sometimes even more entertainingly and succinctly than on the printed page. Both illustrations and reading matter appeal to the reader's imagination. stimulating him to creative effort. He is constantly aware of the smell of wood smoke, of Indian figures performing primitive dances in the firelight, of Indian braves in council combat and of the dim figure of the teller-of-tales weaving his spell. This volume presents tested material—but it also weaves a spell.

Camp Directors Workshop & Seminar

The Camp Directors Workshop and Seminar sponsored by the Ontario Camping Association, and advertised on another page in this issue, has a history that might be interesting to the members. The Training Committee of the Ontario Camping Association, in planning its programme, felt that the question of staff training on the job was one of the most important items to be considered this year. They thought most camps were conducting staff training programs, but few were doing a complete job. The Committee felt that directors and head counselors would welcome the opportunity of obtaining some help and guidance in this area of their administrative job.

With this in mind, the Committee presented its ideas to the Ontario Camping "Pow Wow", in the form of a questionnaire. Dr. Hedley Dimock, authority on camping and guest speaker at the "Pow Wow", bolstered the convictions of the committee by discussing in his sessions the importance of staff supervision and in-service training, and intimating that directors would have to

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train themselves first in methods and techniques of staff training. The delegates to the "Pow Wow" heartily endorsed the suggestions, and the Directors Seminar was born.

The Canadian Camping Association proposed that the Ontario Camping Association run the Seminar, but open it to camp directors in all other provinces in Canada. The proposal was adopted, and it has now become a National Seminar, planned and organized by the Ontario Section. Professor Charles Hendry, well known for his work at the National Camp Training Centre, was selected as the Director, and Dr. Dimock has agreed to participate and conduct the sessions on supervision.

The Seminar will be held at Camp Wabi-Kon, Timagami, Ontario, from September 6th to September 11th, with sessions taking place September 7th, 8th, 9th and 10th. It will afford an opportunity for demonstrations, lectures, discussions and work shop techniques in all phases of supervision and training. It is expected that the participants in the Seminar will take an active part in helping to raise the standards of camping throughout Canada, and thereby bring another improvement in our excellent and growing camping movement.

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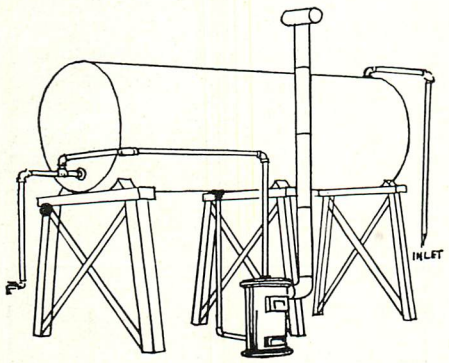
HEATED WATER SUPPLY

A simple suggestion for heating water is illustrated in the sketch below, and comes from the Bulletin of the Saskatchewan Camping Association.



A large tank (300 gallons) placed on a trestle built about seven feet from ground level and a jacket heater is installed right under it. This heater is kept going twenty-four hours a day and supplies the camp with all the hot water required for dishes, galley and washing uses. The tank is filled by a small gasoline engine pump, costing about one hundred dollars. This pump could draw from a well, river or lake, as desired. It is recommended that a qualified plumber be consulted re safety valves, etc.

PIERRE'S "WISDOM"

Pierre likes going about the bush and over the lakes and rivers guided by his sense of direction. Last summer Pierre was shown a gadget, developed in

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Sweden, that took his fancy. It is a compass in a special housing. In Sweden it is used in the sport of Orienteering, which is a kind of cross country running. This special compass and a good map of the terrain are used together, to get the hiker, runner, paddlier or skier from one point to another the shortest and quickest way. In Canada the compass may be obtained from the Silva Company, Toronto, and the maps from the provincial and federal governments. Maps drawn on an inch to a mile scale are best.

Pierre may be a lazy fellow but he has another *like* and it is for the fifteen foot canvas covered canoe for boys' camps. The younger campers are able to control the canoe more easily while they are learning to paddle single. On trips it is big enough to carry the load and be handled with greater ease, too.

Tarpaulins are useful things on trips. While paddling they can be used to protect the packs. At camp sites they can be used to sit on when the ground is wet. They take the place of a tent for night protection. The tarpaulin, according to that bush wanderer Pierre, is easily put up, means carrying less gear, and it stands the handling and banging about, better than a tent. Where the flies are bad the tarpaulin permits the use of mosquito bars.

PAINTING BY SPRAYING

For those camps who are fortunate enough to have electric power available, it is suggested that a worthwhile piece of equipment is a paint spraying machine. These are available in various sizes at reasonable prices. The lowest priced diaphragm type of compressor is quite suitable for many jobs around camp, particularly painting canoes and boats of all kinds. It does a smooth job and gets into odd corners, around ribs, etc., where a brush will not. Moreover, the amount of time saved over ordinary methods is amazing. These machines are used with ordinary prepared paint and will also handle stain, etc. Follow your hardware man's advice in selecting a machine of proper capacity for the jobs you have in mind.

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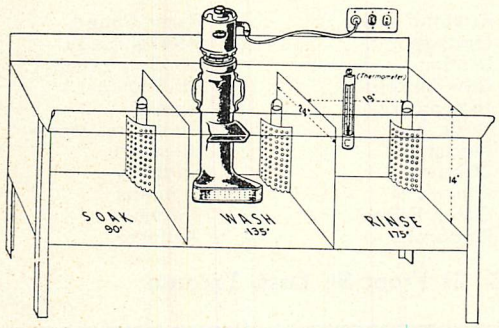

Typical 3 Compartment Whirlpool Installation. Motor 1/4 H.P.—C.E.S. Approved.

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Once installed in a typical 3-compartment sink, as illustrated above, the Whirlpool way of washing dishes or glasses is simplicity itself.

To install a Whirlpool Dishwasher no expensive changes are needed. If the washing compartment of your present sink measures approximately 19 inches wide, 24 inches front to back and 14 inches deep—or can be altered to these dimensions—that is all you require. You then stand the machine in place (it weighs only 55 pounds), plug the three-point electric cord into the nearest wall plug, turn the switch and the Whirlpool is ready for work.

The Whirlpool has been used for several years with complete satisfaction by hospitals, restaurants, schools, industrial plants and the following camps:

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- De la Salle Camp, Jackson's Point, Ontario
- YMCA Camp, Bolton, Ontario
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BLUEBERRY DUMPLINGS

This is a very satisfactory (and satisfying) dessert for a large group on a cook-out.

Ingredients:

Dehydrated blueberries.
Water and sugar.
Tea-Bisk or its equivalent.
Milk to mix.

Equipment:

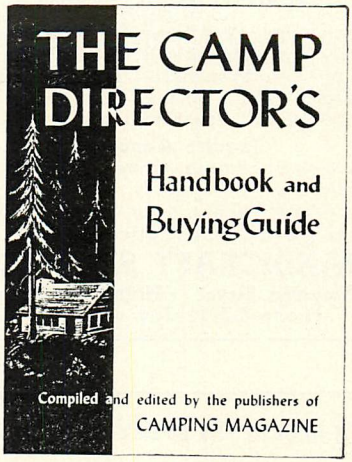
A pot with a large base circumference, and a tightly fitting cover.
A mixing spoon, long-handled.
A pot or bowl to mix the dumplings.
A fire to fit the large pot. This should be a steady fire but not an intense one.

Method: Put your blueberries into the pot and add the required amount of sugar according to the recipe. Add the water also, and increase it by one quarter more. Bring to the boil. Mix the tea biscuits, adding a little more milk than required. Drop by spoonfuls, not large ones, onto the hot blueberries. Cover tightly and cook twelve to fifteen minutes.

SHANTY BEANS!

Did you ever hear of shanty-baked beans! You can bake them yourself, and once you do, canned beans will never taste the same.

First, parboil your beans on a slow fire and let them simmer for a couple of hours. Dig a hole in the sand, about twice the size of the bean pot. Line the hole with flat stones. Grease the bottom of the bake pot. If you have a raw Spanish onion, lay slices on the floor of the pot and pour in half the beans. Cover these with a layer of salt pork (bacon if you have none other—fatty as possible). Then pour in the other half of the beans and cover with water. Put in a tablespoon of molasses or brown sugar, or white sugar if that's all you have. Cover the pot tightly, and weight it down with a heavy stone so that no steam can escape to let the beans steam dry. Shovel a pail full of coals from the hot fire into the bottom of the hole, set in your pot, and fill up the sides of the hole all around it. Cover over all with hot wood ashes.



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Under the Department of Education of the Ontario Government, counselor-training courses will be held again, lasting three weeks. The training will be extended and enriched, and of greater variety.

The girls' courses will be held at Camp Belwood, near Fergus; boys' courses, at Bark Lake Camp in Haliburton. Dates for all courses, July 4-25, August 2-23.

Subsidies are continued and increased as follows:

(a) 50c per camper remaining 6-8 consecutive nights;
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(b) Camps may charge as much as $1.75 per day, and still qualify for a subsidy.

(c) Subsidies are available only to camps operated *in* Ontario, *by* Ontario organizations, *for* Ontario boys and girls.

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Once there was a camper
  Whose first letter to her home
Amazed her doting parents
  And inspired this little "pome".
(She wrote:)
Dear Mum and Dad: Got here o.k.
  Please send a box of food.
My cabin mates inform me
  There is swimming "a la nude".
They say my bathing suit won't do.
  It's not the kind they wear.
Please buy for me a "Birthday Suit",
  And rush it here by air.

—M.S.E.

Counselor: "It might be a hemlock or a spruce or a balsam. I'm not quite sure."
Camper: (*later*): "What kind of a tree is this one?"
Counselor: "I think it's an ash, or a beech or perhaps an elm."
Camper: "I hope you don't mind me asking so many questions."
Counselor: "Why, of course not. It's the only way you'll ever learn anything."

A SERENADE AT CAMP

He stood on the bridge at midnight,
Disturbing my sweet repose.
The "He" was a large mosquito;
The "Bridge" was the bridge of my nose!

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Your attention is called to the fact that the next issue of *Canadian Camping* will be December first. (The quarterly issues are: February, April, June and December). The Editor will welcome articles and news items next Autumn, and extends best wishes to all camps for the 1949 season.

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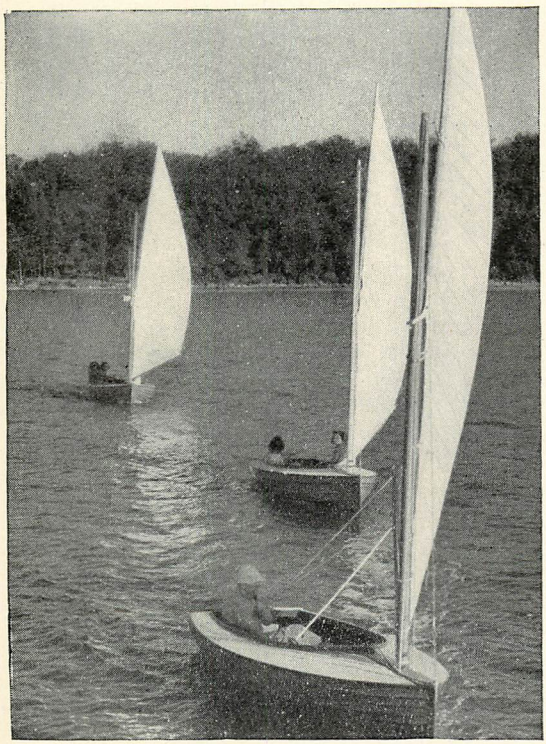

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